

JUNIOR FITNESS Membership



Designed
specifically
for 11-15
years!

DC LEISURE
Fitness Industry Association
Operator of the Year 2008/9

Arena
Surrey Health's Leisure Centre



Managed by DC Leisure on behalf of Surrey Heath Borough Council

Junior Members

Teen fitness membership designed specifically for 11–15 year olds. Become a member today and benefit from all of the following;

- Teen gym
- One-to-one gym induction
- Teen Spinning
- Teen Circuits
- Unlimited swimming during public times

Teen Spinning

Spinning is an aerobic exercise that takes place on a specially designed static bicycle in our studio cycling suite. As you pedal, motivating music plays and the instructor talks you through an energetic workout.

Sunday 3.00pm – 3.30pm

Teen circuits

An over body workout using traditional circuit training in the main hall.

Tuesdays 5.00pm – 5.45pm

Teen Gym

Time for you to improve you to work out in the gym.

January to March

Weekdays 3.30pm – 5.00pm

Weekends 10.00am – 4.00pm

April to December

Weekdays 3.30pm – 7.00pm

Weekends 10.00am – 4.00pm

For further information or to find out how to become a member, please telephone **01276 417111** or email enquiries@arenaleisurecentre.co.uk

*Times are subject to review and may change